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## August is World Breastfeeding Month

August is World Breastfeeding Month and Governor Ernie Fletcher has proclaimed a month-long observance to focus public awareness on the importance of continuing to breastfeed babies beyond six months of age. The theme for the 2005 breastfeeding month observance is "Breastfeeding and Family Foods: Loving and Healthy."



Read more on World Breastfeeding Month at <http://chfs.ky.gov/olpa/dc/focus/article2.htm>.

## Through the day with 5 A Day

*Adapted from Centers for Disease Control and Prevention 5 A Day Web site.*

Try these Ideas to add 5 A Day to each meal.

### Breakfast

- Fruit or juice;
- Salsa on eggs;
- Half a grapefruit, cup of strawberries or piece of melon;
- Add fruit to cereal; or
- Fruit shake or smoothie.



### Snack

- Piece of fruit or glass of vegetable juice,
- Dried fruit,
- Fruit cup, or
- Vegetables and dip.

### Lunch

- Salad or side of vegetables,
- Fruit for main dish or dessert,
- Soup, or
- Vegetables on a sandwich.

### Dinner

- Salad or side of vegetables,
- Stir fry,
- Vegetable pizza,
- Pasta with vegetables, or
- Fruit for dessert.

Try these ideas listed below to include more fruits and vegetables in your diet.

- Green, yellow or red pepper strips, broccoli florets, carrot slices or cucumbers add crunch to your pasta or potato salad.
- Baby carrots, shredded cabbage or spinach leaves offer added color, flavor and nutritional value to a green salad.
- Apple chunks, pineapple and raisins perk up coleslaw or chicken and tuna salads.
- Oranges, grapefruit or nectarine slices add extra flavor and tang to any salad.
- Fruit juice, flavored vinegars or herbs make low-fat salad dressings flavorful without adding fat or salt.
- Wake up with 5 A Day! Add sliced banana, blueberries or raisins to cereal.
- Add fresh fruit and vegetables to foods you already eat — like berries and bananas to yogurt and cereal; vegetables to pasta and pizza; and lettuce, tomato, cucumber, bean sprouts and onion to sandwiches.
- Put some punch into your party by blending 100 percent fruit juices to create a refreshing new juice. Try mixing pineapple, orange, grapefruit or other fruit juices. Add a slice of lemon or lime as a garnish.

Try these ideas with kids.

- Add a smiley face to cereal using sliced bananas for eyes, raisins for a nose and an orange slice for a mouth.
- Decorate your plate with color. Use broccoli for trees; carrots, tomatoes, kiwi, grapes and celery for flowers; cauliflower for clouds; and a slice of yellow squash for a sun.
- Make frozen fruit kabobs for kids using pineapple chunks, bananas, grapes and berries.
- Take your children to the grocery store or farmers market to see all the different fruits and vegetables available. Let them choose a few to take home and try. They will be more likely to try them if they get to choose them.

## CHFS 5 A Day Challenge update

The following teams are in the lead for the 5 A DAY Challenge. Team numbers are based on average servings per person.



**First place** – 3 Has Beans and One Young Sprout, Linda Piker, captain. (Average of 53.3 servings per person per day)

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**Second place** – Tootie Fruity Veggie Sisters, Judy Montfort, captain. (Average of 50.5 servings per team member per day)

**Third place** - Crystal Despain who is participating as an individual. (She has 51 servings per day.)

## Play 5 A Day Fruit and Vegetable Find

CHFS employees can play Fruit and Vegetable Find through Aug. 8 to qualify for prizes and learn more about the nutritional value of a host of fruits and vegetables. All CHFS employees may play whether or not they are participating in the 5 A Day Challenge.



Pictures of fruits and vegetables with trivia questions on the back will be strategically located throughout the CHR and CHS buildings. When you find one of the pictures, remove it and write the answer to the question on the back. Then, send the answer to your game piece question to Elizabeth Fiehler by e-mail at [elizabeth.fiehler@ky.gov](mailto:elizabeth.fiehler@ky.gov) or drop off your game piece with the answer written on the back to mail stop HS2WD.

The names of those who e-mail a correct answer or turn in an answered game piece will be entered in a prize drawing.

So, keep your eyes peeled for pictures of fruits and vegetables. If you are the first to spot one, pull it down, turn it over and answer the 5 A Day trivia question. Then e-mail your answer or turn in your game piece.

For more information about the 5 A Day Challenge Fruit and Vegetable Find or any aspect of the challenge, e-mail [Elizabeth.Fiehler@ky.gov](mailto:Elizabeth.Fiehler@ky.gov).

## Back Safety: A Lunch and Learn session review

Human Services Executive Officer and licensed occupational therapist Sandra Brock led a Lunch and Learn session on back safety on June 22.

According to the National Institutes of Health, 15 percent of the adult U.S. population have had persistent low back pain at



some time in their lives. Five million Americans are partially disabled by back problems, and another 2 million are so severely disabled they cannot work. Low back pain accounts for 93 million workdays lost every year and costs more than \$5 billion in health care.

A healthy spine has three natural curves that provide leverage and support for lifting and carrying, sitting, standing, walking and the upper body's full range of motion. When bones (vertebrae) shift out of alignment or connective tissue (ligaments, tendons, muscles) is injured, injury and pain can result. Most back injuries resolve in about six weeks. Other, more severe injuries can take as long as 12 weeks to resolve and some become chronic conditions that persist often for the rest of the sufferer's life.

Brock said surgical alternatives are available that offer some relief from chronic back pain, but practicing good back health habits to avoid back injuries is preferable to surgery or other injury rehabilitation techniques.

## Lifting

Brock said physics plays a role in the impact on the back from lifting objects of any size or weight. She demonstrated using a regular desk stapler weighing about a pound. When lifted while being held close to the body, the stapler exerts about one pound of force on the lower back. However, lifting that same one-pound stapler while holding it at arm's length from the body can exert force on the lower back equal to as much as 10 times its weight.

Planning is the key to avoiding back injuries from lifting. First, assess the load and determine the best way to move the object – whether by lifting and carrying alone or with help or by using a device such as a wheelbarrow or dolly.

When lifting objects on your own, Brock advises tucking your pelvis and tightening abdominal muscles to better distribute weight and lifting stress. Lift with your legs, give yourself a wide base by standing with feet apart at about shoulder width, wear appropriate footwear and keep the load as close to your body as possible.

## Daily Tasks

Routine chores around the house can also lead to back injuries when incorrect body mechanics are used. Brock said to avoid bending from the waist to pick up objects and, instead, bend the knees and keep the back as straight as possible. This is also important to remember when sitting or lying down and rising from those positions.

Side-to-side motion and twisting the body can also cause back injuries. Brock said when mopping the floor, it's best

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to point your toes in the direction the load – in this case, a mop – is moving. Mop forward and back and keep your wash bucket nearby to avoid having to reach for it with the mop – which significantly increases stress on the lower back.

Picking up children from cribs and high chairs also can lead to back injury if not done properly. Again, Brock advises bending at the knees and lowering crib side rails so you can hold baby close to your body when lifting. The same advice applies to lifting pets.

Brock also demonstrated the “golfer’s bend” which helps when doing some tasks such as unloading a front-loading dryer or picking up small objects from the floor. Stand on one leg, knee slightly bent, while bending forward at the waist and letting the other leg rise naturally behind you. This provides a counterbalance effect that distributes the force of gravity and your load better than simply bending from the waist with both feet on the floor. Always be sure there is a sturdy object – a table or appliance, for instance – close by where you can steady yourself with one hand while doing the golfer’s bend.

### At Work

Many of us spend hours during the day working from a sitting position. Whether using the telephone, reading or working on a computer, it’s important to use good body mechanics when sitting, too. Brock said sitting can exert as much or more force on the back than walking or standing.

When sitting, both feet should be touching the floor with knees bent at a 90-degree angle. When turning in your seat, don’t twist your body. Turn your entire body in the chair and point your toes in the direction you are turning to face.

Computer monitors and keyboards should be lined up so you can sit up straight and face forward without twisting the body, turning the head or bending the neck to work.

### General Tips

Brock recapped the session by emphasizing the following back safety tips:

- Push rather than pull.
- Point your toes in the direction of the load.
- Be sensitive to what your body is telling you.
- Exercise and stretch.
- Avoid twisting – move your feet.
- Fatigue is a factor – you can overdo physical activity.
- Change your activity frequently.

### Coffee Break with KEAP!

The Kentucky Employee Assistance Program invites employees to come out for a cup of coffee and pick up timely, relevant information about issues of personal concern.



The workshops will be held at the Personnel Cabinet office at 801 Teton Trail in Frankfort and are limited to 35 participants. A minimum of 10 participants must be present for the workshop to take place. Employees must seek a supervisor’s approval before enrolling.

Please register by e-mail: [Rebecca.Waddle@ky.gov](mailto:Rebecca.Waddle@ky.gov) .

Below is a list of the remaining workshops.

- **Aug. 10, 9-10:30 a.m.** - State Employee Money Management with Mary Jane Cowherd. Registration deadline: Aug. 3
- **Aug. 18, 9-10:30 a.m.** - Rebuilding Your Life After Separation or Divorce with Barbara Henderson. Registration deadline: Aug. 11
- **Aug. 25, 9-10:30 a.m.** - Anger Management with Trina Wilkins Jennings. Registration deadline: Aug. 18
- **Sept. 8, 9-11 a.m.** - KEAP as a Management Tool with Trina Wilkins Jennings. Registration deadline: Sept. 1.
- **Sept. 15, 9-10:30 a.m.** - Drug Free Workplace with Mary Jane Cowherd. Registration deadline: Sept. 8